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G. ARLOP DILLS, Editor

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EDITORIAL

Still Foolhardy

It is difficult to fathom human nature. With over 350 accidents reported at railway crossings during six months; it is found that 78 motorists ran into lowered gates, 41 drove under the gates when they were lowered, 28 drove into the side of a train, 19 drove through lowered gates, and 12 failed to stop at a red light.—Forest Standard.

Not Too Big to be Human

The following, from the Lindsay Post, has been repeated several times, but will bear telling again, along with the comment made by the Fergus News-Record:

A woman who lived five miles from Beaverton started to walk to that village. She had gone only a little way when a car caught up to her. It stopped, and she was offered a ride, which she accepted, since five miles is quite a walk. In the car were a man, who was driving his wife and two little children, a boy and a girl. But she was surprised, for she recognized the man from his pictures in the papers. He was Mitchell F. Hepburn, Premier of Ontario, who was enjoying a trip in those parts with his wife and family.

As the Post points out, that's the sort of thing that could happen only in a democratic country. But as the Post did not say, it wouldn't happen in some democratic countries, but the action is typical of the man himself, who does not regard himself as too good to stop and pick up a woman walking along the road, nor too important to take his wife and children for a drive in the family car, unencumbered by chauffeur or guards.

Crime Doesn't Pay

Like all reports, many interesting facts are brought out in the Annual Report of the Prisons and Reformatories of Ontario, if one will take the time necessary to get a good picture through the mass of figures compiled. Perhaps, however, interest will centre chiefly upon the local institution at Milton and maybe a comparison with the neighboring County of Peel.

The reports for last year show Halton jail during that year had 28 married prisoners, 3 female and 25 male. There were 82 single prisoners and all of them were males. Of these 59 are listed as temperate and 51 intemperate and all of them could read and write. There was only one prisoner under 16 years of age. 65 were committed to jail for the first time, 14 had second time commitments, 12 were third timers and 19 had been committed over three times.

Halton jail for the information of those who have not visited it has 23 cells, and the greatest number of persons at one time was 13. Now a few facts about the cost of our county jail. Food and clothing cost \$757.86, officials' salaries, \$2,064.08, repairs, \$121.42. The average cost of each prisoner per day was \$1.47, and the average cost per day for fuel, food and clothing was 3784c. The average cost of feeding a prisoner for a day was just a little over 15c. In Peel County there were 134 commitments in the year, but the jail at Brampton has only 10 cells and the greatest number of prisoners at one time was 12. Costs run almost identical with those in Halton County. The average cost of prisoners per day is \$1.92, but food is .1520 in Peel, against .1530 in Halton. It is also noted that of the 20,618 prisoners in the jails of the Province last year, three were sentenced to death and executed.

Commendation Replaces Condemnation

In view of the fact that we have made considerable comment in these columns advocating the finishing of the Mill Street pavement, it would only seem fair that we would now commend those responsible for the fulfillment of this need. The Department of Highways, Halton's representative, Mr. T. A. Blake-lock and the Reeve and Council have worked together splendidly in making the improvement possible and completing the work.

No doubt there are ratepayers who will not agree that the expenditure is justified—that other improvements were in greater need of the taxpayer's funds. After all, however, it must be remembered that Mill Street is Acton's main business street. By its appearance and condition many who travel through here judge the whole community. Other highway approaches are paved and in good condition. It was only due that Mill Street should be improved and a worn-out surface replaced. We offer our commendation on the co-operative move to improvement with more relief than we gave our condemnation of the unfinished street.

Where the Tourists Come From

Although the preponderance of automobile tourists to Canada come from the United States, figures for the month of June, 1938, reveal that sixty day touring permits were issued for 43 automobiles from Hawaii, 23 from Mexico, 10 from Panama, 9 from Cuba, 7 from the Philippine Islands, 4 from the United Kingdom, 3 from Alaska, 2 each from Porto Rico and Newfoundland, and one each from Colombia, Belgium, British West Indies and Straits Settlements.

From the United States, New York had the largest representation among motorists entering Canada under two-months' permits in June, when a total of 31,013 permits were issued to visitors from that state. Michigan had the second largest representation with a total of 23,349 permits. Other states represented by more than one thousand cars were Vermont, 9,715; Washington, 6,814; Maine, 6,416; Ohio, 5,529; Massachusetts, 4,778; Pennsylvania, 4,737; Illinois, 4,733; California, 4,685; Minnesota, 2,735; New Jersey, 2,085; New Hampshire, 1,816; Connecticut, 1,599; North Dakota, 1,527; Wisconsin, 1,501; Indiana, 1,466; Virginia, 1,379; Oregon, 1,027.

Why Cities Grow Bigger?

Perhaps some reason may be found for the growth of cities in comparison with smaller communities, in spite of the fact that many leaders contend that life in the smaller towns is preferable to that in the larger centres. Last week we read that there was little hope of Burlington getting approval for finances, government backed for a reservoir for the water system of that community and some low rate interest funds. Toronto is not daunted by the intimation from Attorney-General Couart of an unwillingness of the Province to enter into the Federal scheme of cheap money. A few days later we find the city officials seeking a Federal grant for construction of the proposed \$150,000,000 sewage disposal plant, not low rate money, but financial assistance, if you please.

Then we learn from an editorial in the Globe and Mail that a Toronto district loan of \$350,000 was given on a \$500,000 apartment house. This was under the National Housing Act, which was designed to enable thrifty families to erect small homes on easy terms and to assist the building trades. There are few residents indeed of the smaller communities who can get any benefits from the National Housing Act, for reasons that are well known to the government. Cities will continue to grow bigger and have larger problems just as long as they are given favored treatment. Perhaps it would be well for governments to give some attention to towns and villages. Western farmers are assisted with their wheat crops, and cities get attention, but too often the towns and villages are left to struggle alone.

EDITORIAL NOTES

There is still time to take that trip out in the countryside and enjoy autumn glory. Just in this district it need not be many miles.

Rarely indeed has there been as fine weather for Thanksgiving time. It was difficult for anyone not to find cause for giving thanks in such surroundings.

The touch of a button used to signify the latest modern conveniences, but now Acton streets are lighted even without pressure on a button, but when a certain degree of darkness comes.

With all the pushing and jostling that is going on between them perhaps it's just as well that Prime Minister King and Premier Hepburn are not both on the same bridge at the same time.

With the baseball season all wound up, attention might be turned to hockey. But with weather as at present, it would be hard to work up enthusiasm for this sport, even with artificial ice available.

This is Fire Prevention Week, and next week is some other kind of week—seems to us it's cheese week. But every week is newspaper week, and subscriptions, new and renewals, are in order, so that we may pay our insurance premiums and get our cheese in the right weeks.

FOOD MORE IMPORTANT THAN HOUSING FOR HEALTH

Ottawa, October 1st.—In raising the general standard of health, diet was far more important than housing, Sir Edward Mellanby, eminent British nutritionist, told an Ottawa gathering last night.

"Far be it from me to discourage good housing measures, but diet is of first importance from a health standpoint," said Sir Edward, Secretary-General of the Medical Research Council of Great Britain and Chairman of the League of Nations Committee on Nutrition, who is addressing Ontario audiences under the auspices of the Canadian Medical Association.

In support of his contention that proper food was more important than good housing, Sir Edward stated that the infant mortality in the Island of Lewis, in the Hebrides, where the homes were on the lowest possible scale, was only 40 thousand. At the same time, the death rate among infants in the Glasgow slums was 130 per thousand. "It would be hard to find worse housing conditions than on this island. There were no windows and no chimneys. Smoke escaped through the only door. Cows, pigs and chickens all lived in the same room with the family. But the babies were breast-fed and the children and adults ate natural foods, from the cow, the hen, and fish from the sea," he said. "When an investigation was made in 1906, there was no tooth decay among the children and all had straight legs. When our investigators went back last year, he found things had gone badly indeed. When people lived in a slum, where our so-called civilized, high energy-bearing foods were easy to obtain, their general nutrition was poorer. When they lived far away, and had to depend on natural foods, their health was greatly improved."

Developing the same theme, Sir Edward asserted that on the Island of Tristan da Cunha, in the South Seas, there was no tooth decay and no woman had ever died in childbirth. "They live on potatoes, not on white wheat flour," he commented.

Proper feeding would add to the physique and strength, mental and physical, of the average citizen, Sir Edward was confident.

"There is a great amount of stunted growth in all countries stunted both physically and mentally. The poorer the person, the more likely he is to be stunted," observed the British scientist. Of 58,000 recruits for the British army examined between 1913 and 1933, 40 per cent. 32,000 were rejected due to bad teeth, deafness, flat feet and heart disease. This was indicative of the low health level of Britain's poorer classes, he said, as all these ailments were much commoner among the poor.

By the time English children were old enough to go to school, they were often "damaged goods," he observed. Of 1,200 children attending London County Council Schools, 70 per cent. were found to have badly decayed teeth. Others had had bone disease, anemia and tuberculosis, he stated.

"This is damage that can never be remedied. You can tinker about with them later but you can never quite get them back to normal," he warned.

The wealthy also had their own diseases, said Sir Edward. If it is any comfort to the poor, the well-to-do have a higher death rate from diabetes and appendicitis," he added. "It balances out."

Of all protective foods, milk was by far the most important, declared Sir Edward. Men whose diet was rich in milk had greater stature, strength, physique and mental development. Among African tribes, consumption of milk meant the difference between a stalwart race of warriors such as the Dinkas and the Masai, and stunted, lackadaisical races.

Tests in an English private school showed that addition of one pint of milk daily to the basic diet increased the strength and weight of the pupils. Their height increased in one year by one inch more than those not obtaining the milk while the gain in weight was almost double. The pupils played strenuously as ever but they had fewer fractured bones. Incidence of rheumatism also decreased the survey showed.

"When children get adequate milk, they have fewer colds and their mental processes are brighter," he said.

The first vitamin to be discovered, Vitamin B-1, came to light when prisoners and hens on the Island of Java both of which were being fed on polished rice developed the same disease, declared Sir Edward. Since the Great War, all the other discoveries regarding the health-protective food value of natural foods had been made. It was not until the sunshine vitamin, Vitamin D, was discovered.

Sir Edward Mellanby summed up the findings of nutritionists in the last 20 years with the message that all the foods required for complete health could be obtained by building the diet around dairy products such as milk, cheese and butter, fresh and cooked vegetables, fresh fruit, eggs, fish, liver and kidneys and meat.

MULE'S NAME

"What are you going to call that mule of yours, Uper?" "Well, uh," said the driver of the animal. "I ain't made up my mind. The tried all de names I could think of, an' I've got 'right on hunches' po'. If I ever find one he pays 'any' 'ention to, da's what I've givne call him."

MAKING CANADA
A Better Place in Which to Live and Work

A Series of Letters from Distinguished Canadians on Vital Problems Affecting the Future Welfare of Canada

Specially Written for Canadian Weekly Newspapers Association

Dear Mr. Editor: Mr. Geo. W. James, editor Canadian Statesman, Bowmanville, and President of the Canadian Weekly Newspapers Association, is striving to get opinions on "How to Make Canada a Better Land to Work and Live In." His request that the editor of the Huntingdon Citizen write expressions along these lines is indeed a honor.

The subject is stupendous for any humble weekly newspaper editor to give expression upon, yet every Canadian must have an opinion, otherwise he or she are not true citizens of Canada. Young people in their twenties and thirties, I am inclined to feel, work along the same lines as I did when passing through that stage of life, that to attain success in life the accumulation of dollars is all important. True, they are essential and beneficial, but dollars alone do not make for happiness and learning how to live. Usually the ambitious youths who are attaining success in accumulating dollars have a breakdown in health, and it is then they take time to consider what is important in life.

To make Canada a better place to live in, it must be a good place to work in. In order to accumulate the necessary dollars for the individual realize that all folks must live and share in accumulation of worldly goods. In place of assuming all responsibilities in operating your business, small or large, share that responsibility with you. Show men they in turn will appreciate the confidence placed in them. Their brain and energy is placed in the work that is confronting them. In other words, the combined brains are exercised in order to bring about the tangible results of a real successful business. The two men

Yours truly,
ADAM L. NEELAR,
Editor, The Citizen,
Huntingdon, Que.

SALLY'S SAYS

CAN YOU CARRY ANY MORE?

Women select eighty five per cent of male partners in this country—and give away the other fifteen per cent to a man at the door.

Winning Blow in World Series Game

Frank Crowell, Yankees shortstop, receives enthusiastic congratulations from the Red Sox as he crosses the plate after his game-winning homer in the second World Series tilt. The one blow shattered what, till then, had been a grand pitching effort by Dizzy Dean. Red Sox is getting ready for his turn at bat.

Business Directory

MEDICAL

DR. J. A. McNIVEN
Physician and Surgeon
Office and Residence—Corner Howe Avenue and High Street.

DR. E. J. NELSON
Physician and Surgeon
Electro-Therapy Phone 88

DR. WM. G. CULLEN, L. M. C. C.
Physician and Surgeon
Office Hours 1-4 and 7-9 p.m.
Sundays by Appointment
Willow Street—Just North of Mill Street
Telephone 128

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Office
Acton Georgetown
Over T. Heymuth's Cafe Main Street E.
For Appointment Phone Acton 65-66
Georgetown 85
Office Hours—Acton, Tuesday and Thursday, 11:30 a.m. to 4:30 p.m. Evenings on request.

DENTAL

A. J. BUCHANAN, D. D. S.
Dental Surgeon
Office in Leishman Block
Hours 9 a.m. until 6 p.m. Evenings by Appointment.
Gas for Extractions X-Ray
Closed Wednesday Afternoon Phone 148

P. W. PEAREY, D. D. S., L. D. S.
Dental Surgeon
Office in the Hyman Block
Phone 20 Mill Street, Acton
Blockwood Office open Every Thursday Afternoon and Evening

VETERINARY

B. D. YOUNG, V.S., B.V.Sc.
Veterinary Surgeon
Office Brookville, Ontario
Phone Milton 1464

F. G. OAKES, V.S., B.V.Sc.
Veterinary Surgeon
Office and Residence Knox Avenue
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TIME TABLES

CANADIAN NATIONAL RAILWAYS

AT ACTON

Going East

Daily except Sunday	6:57 a.m.
Daily except Sunday	9:54 a.m.
Daily except Sunday	6:24 p.m.
Sunday only	8:18 p.m.

Return West

Daily except Sunday	6:48 a.m.
Daily except Sunday	9:45 a.m.
Daily except Sunday	6:15 p.m.
Sunday only	7:33 p.m.

STANDARD TIME

GRAY COACH LINES

COACHES LEAVE ACTON Standard Time

EASTBOUND (To Toronto)

6:55 a.m.	4:25 p.m.
9:15 a.m.	6:35 p.m.
11:31 a.m.	8:45 p.m.

WESTBOUND (To London)

9:53 a.m.	5:03 p.m.
11:38 a.m.	7:18 p.m.
1:23 p.m.	9:18 p.m.
3:13 p.m.	11:23 p.m.
	12:10 a.m.

—Through to London

8—except Sun. and Hk.; 9—Sun. and Hk.; 10—only; 11—except Sat., Sun. and Hk.; 12—Sun. and Hk.; 13—Sun. and Hk.; 14—Sun. and Hk.; 15—Sun. and Hk.